

# Thousands pay respect to former Mayor Menino

Politics. As Boston's longest-serving leader lay in state at historic Faneuil Hall, droves of his supporters braved frigid rain, snow and wind to say their final goodbyes. A private funeral Mass will be held today in Hyde Park. PAGE DZ



MAYOR O AMERICA MERICA MERI

From the busing crisis of the 1970s to the Boston Marathon bombings in 2013, THOMAS MENINO served Boston for over twenty years.

This is the story of that time in his own words.

d Houghton Mifflin Harcourt

www.hmhco.com

# 5 TERMS 20 YEARS 1 CITY

# THOMAS MENINO

1942 - 2014



# What's trending online at Metro.us

# Mourners withstand Nor'easter for Menino



#### Faneuil Hall.

Frigid temps did not deter mourners from honoring former Mayor Thomas Menino.

Those wishing to pay respects to the late Thomas Menino, Boston's longest-serving mayor, turned out by the thousands at Faneuil Hall on Sunday.

The public wake was held three days after Menino succumbed to cancer. Gov. Deval Patrick, U.S. Secretary of State John Kerry, Menino's successor Mayor Martin Walsh and his predecessor Ray Flynn were among the local and state dignitaries who attended.

Visitors began lining up outside the historic hall before doors opened at 10 a.m., braving the raw weather during

Visit Metro.us for a map of today's procession route and list of street closures.

Sunday's Nor'easter.

The Menino family asked that visitors not photograph their patriarch as he lay in an open casket, surrounded by flowers. A black rosary was woven through his fingers, and his Louisville Slugger baseball bat cane was nestled at his side.

Cardinal Sean O'Malley led a public Mass in Menino's honor at the Cathedral of the Holy Cross later in the morning.

Menino, who was 71 when

he died Thursday, led the city for two decades before stepping down in early 2014 at the end of his fifth term, saying he could no longer keep up with his hectic mayoral schedule.

In March, Menino revealed that he had been diagnosed with advanced cancer. In late October, he announced he was halting his cancer treatments and a book tour to spend more time with his family.

A private funeral Mass is planned for noon today at Most Precious Blood Parish in Hyde Park. Vice President Joe Biden announced on Friday that he is planning to attend the ticketed service.

A funeral procession will wind its way from Faneuil Hall to the parish. It will pass by a number of iconic Boston locations, including City Hall (which housed the longtime mayor's office), Parkman House, Boston University in

#### Change that lasts

Mayor Marty Walsh announced on Sunday that today's funeral Mass for former Mayor Thomas Menino will be shown on a large screen on City Hall Plaza.

· In lieu of flowers, donations may be made to the Thomas M. Menino Fund for Boston to support city programs.

Kenmore Square, Fenway Park, Dudley Square, Grove Hall, Franklin Park, Bowdoin and Geneva, Mattapan Library and Roslindale Square.

The public is being encouraged to line the procession route.

MORGAN ROUSSEAU and DANNY MCDONALD morgan.rousseau@metro.us



"He's been mayor pretty much our entire lives,

and we thought we would come down here and pay our respects for all he did, all the programs he made happen."

Pat Costello, 22, of Dorchester, works for the Boston Redevelopment Authority



"He had a presence, the way he carried himself.

To me, it was like he didn't carry any titles at all. He was just like you and me walking the streets. Man of the people. I give total respect to that. I think that's admirable - to be normal."

Prince Sefa-Boakye, 25, originally from San Diego, social media guru



'He was a really great leader. There was no bulls-

as they say. He inspired me to get into public service. He always surrounded himself with innovative people and he always had the people in mind. He was open to new ideas."

Hannah Clarke, 27, of the Fenway, consultant and worked under the Menino adminstration between 2010 and 2012

#### **Chelmsford. Bombing** survivor Bauman marries

"'Happy November! Boston Marathon bombing survivor Jeff Bauman and Here, have one less his fiancee Erin Hurley hour of afternoon were married in an intimate ceremony with family and light, plus freezing friends at their Chelmsford rain!' -- Boston" home Saturday.

A photograph on Bauman's public charity Facebook page shows the happy couple embracing

under a white tent.

Bauman, who lost both his legs when twin bombs exploded at the Boylston Street finish line on April 15, 2013, released his memoir "Stronger" in April.

Bauman and his wife, Erin Hurley, welcomed their first child, a daughter named Nora Gail, in July. METRO



#### Cops seek Eastie sex assault suspect

Boston Police are asking the public's help in locating a man they say threatened a woman with a sharp object before sexually assaulting and robbing her early Saturday morning as she walked in East Boston.

The victim told police she was walking on Border Street when an unknown male attacked her from behind.

He was last seen fleeing on foot toward a nearby Shaw's Supermarket.

The woman was taken to a local hospital for treatment, police said.

The suspect is described as thin and in his mid-to-late 20s, and between 5-foot-5 and 5-foot-7.

Anyone with information can call the Boston Police Sexual Assault Unit at 617-343-4400. METRO



bombing, 9/11 in 'SNL'

'10 facts you'll really

3'PHOTOS: Walt "Clyde" Frazier style file'

Today's tweet

@Melinda\_Baldwin wasn't pleased

with Sunday's weather.

wish weren't true

monologue'

# (FUN)DRAISING

#### SHOP CHIC AND MAKE IT COUNT

THURSDAY, NOVEMBER 6 - LORD & TAYLOR
AT **PRUDENTIAL CENTER** 

Your \$5 ticket is a quick way to save. You'll get 15% off all day, all over the store; 10% off cosmetics. Plus, two 25% off storewide coupons... and finally get another 10% off when you use your Lord & Taylor card\*.

\*\*Buy your ticket in store starting today.\*\*

Ticket proceeds go directly to local non-profit organizations.

#### **SHOP EARLY**

Reserve any items you want to purchase from now until the day of the event.

#### **OPEN A LORD & TAYLOR CREDIT CARD**

and save even more with an extra 15% off your first day's purchases.\*



LORDANDTAYLOR.COM
ALWAYS FREE SHIPPING ON ONLINE ORDERS OVER \$99

Shop Thursday, November 6 from 9am to 11pm at Lord & Taylor at Prudential Center, 760 Boylston Street, Boston.

All events subject to change or cancellation. \*Some exclusions apply. See ticket for details. Subject to credit approval.

# Baker holds 7-point lead

If the general election for governor were held today, for whom would you vote?

A Globe poll also finds voters do not want to expand the bottle deposit law.



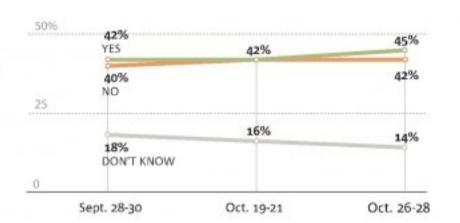
#### The four ballot initiatives you'll see on Nov. 4:

#### Question 1: Eliminating gas tax indexing

A YES VOTE WOULD... Eliminate the requirement that the state's gas tax be adjusted annually based on

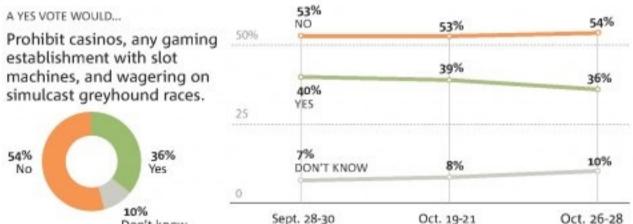


A YES VOTE WOULD...

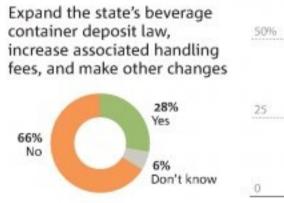


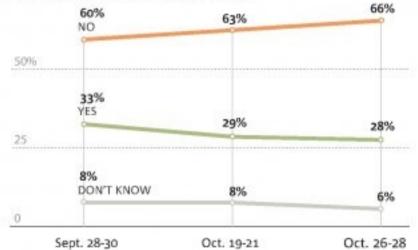
#### 53%

Question 3: Expanding prohibitions on gaming



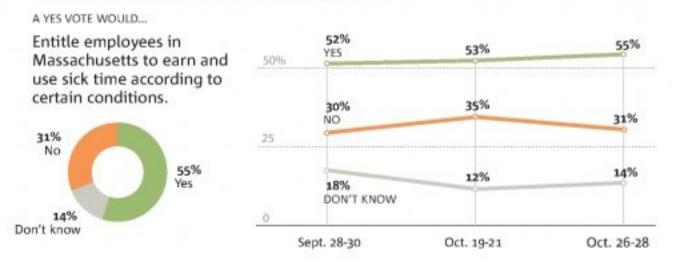
#### Question 2: Expanding the beverage container deposit law



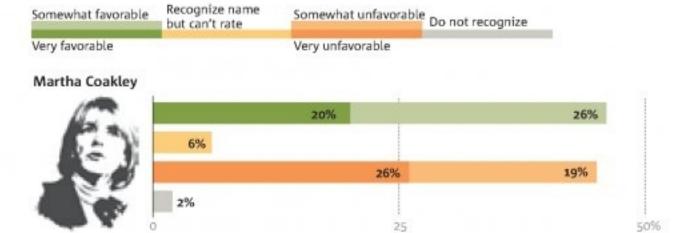


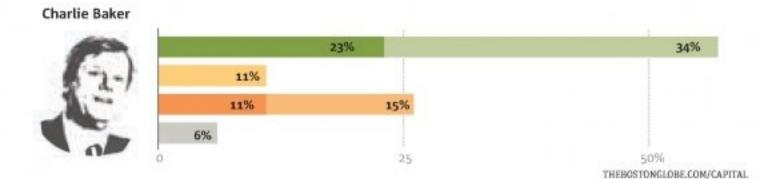
#### Question 4: Earned sick time for employees

Don't know



#### FAVORABILITY RATINGS





# Painful Varicose Veins and Swollen Legs?



Now is the time to take care of it!

Varicose veins are MORE than just a cosmetic problem.

They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

Do you have any of these symptoms?



Check all the boxes that apply to you:

- □ Varicose Veins
  □ Heaviness and Swelling
- ☐ Spider Veins ☐ Skin Discoloration
- ☐ Itching and Burning ☐ Ulcers and Blood Clots
- ☐ Leg Pain and Cramps ☐ Problem Walking Long Distances

You may have a serious medical condition called Venous Insufficiency.

# **USA Vein Clinics will help you!**

Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

### **Covered by Medicare and Most Insurances**

- Named "Best Vein Center" and "Leader in Health Care" five times!
- Pioneer in modern vein treatment techniques The nation's ONLY coast-to-coast vein clinic
- Our staff includes Board-Certified, Harvard and Stanford trained specialists

Trust your legs ONLY to the top specialists...

at USA Vein Clinics!

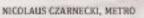
Call (617) 858-6870 or Visit us at:



, boston Monday, November 3, 2014

#### Beacon Street fire causes \$3 million in damages

A 4-alarm fire that broke out around 1:30 a.m. Sunday sent two firefighters to the hospital and caused about \$3 million in damages, according to the Boston Fire Department. The fire broke out in a four-story brick office building at 877 Beacon St. just after 1 a.m. The blaze is believed to have originated on the first floor, though it had quickly traveled up to the fourth floor by the time firefighters arrived on scene at 1:25 a.m. Firewalls stopped it from spreading to neighboring apartments, officials told WBZ. The cause of the fire remains under investigation.





# Revere. Firefighter accused of using club to strike trick-or-treaters

A longtime Revere fire captain faces charges of attacking a group of trick-or-treaters with a golf club.

Carl Holmberg, 44, was accompanying his wife and his 6-year-old son around 7:30 p.m. Friday night near Dale Street in Revere when a scuffle allegedly broke out.

His wife, Serena, told WCVB, however, that Holmberg was merely protecting her and their son from the trick-or-treaters who were threatening, taunting and throwing things at her son.

"He's a firefighter; that's what he does. He helps people," his wife told the television station. "He was protecting his 6-year-old and his wife." According to multiple media outlets, Holmberg used a golf club in the altercation between his family and the other trick-or-treaters. His wife told WHDH that the family carries a golf club in the neighborhood to ward off menacing dogs.

During the altercation, Holmberg fell to the ground, according to his wife.

Holmberg could be arraigned on assault and battery with a dangerous weapon charges in Chelsea District Court as soon as today.

Multiple calls to Revere Police went unreturned Sunday. The Suffolk County District Attorney's office declined to confirm specifics of the case on Sunday. METRO



You are invited to hear

Anne Graham Lotz

Called "the best preacher in the family," by her father Billy Graham.

Tremont Temple Baptist
Church at 11:00 a.m.,
Sunday, November 9th, 2014.
88 Tremont St., Boston, MA
www.tremonttemple.org

Crime

#### Salem man found dead after throwing bombs out window

A Salem man who lobbed improvised explosives out of the window of his Salem home the morning after Halloween was found dead of a suspected self-inflicted gunshot wound.

Police responded to neighbors reporting a series of loud bangs on Meadow Street on Saturday morning. Neighbors were evacuated from their homes as police worked to secure the area, according to Salem Mayor Kim Driscoll.

Salem Police, State Police and representatives of the Bureau of Alcohol, Tobacco, Firearms and Explosives all responded to the scene.

A tense stand-off ensued with armored vehicles called in. Local police issued community alerts warning that loud bangs may be heard in the area of Meadow Street.

The man who threw the ex-

plosives, identified as 49-yearold George Sprague, was found dead in his apartment. Boston. com reported that Sprague's body was found five hours after police responded. Police say he took his life and no other injuries were reported.

Driscoll praised the response of authorities, saying in a Facebook post "[T]he persistent, patient, professional response by our public safety folks helped to ensure there were no injuries to others."

### just like mom used to make

# the late november burrito ‡ the pumpkin shake

house-roasted turkey, squash with cranberries, herb stuffing, tangy cranberry sauce pumpkin, harvest spice, skim milk, non-fat frozen yogurt

here for a limited time only :) www.boloco.com | @boloco





# **Metro transforms its** website, introduces app

Web. Your experience on Metro.us is now better than ever, with even easier access to extended coverage.

Today, Metro announces its newest incarnation of Metro. us - which, along with the accurate, timely and informed reporting it has always provided, will now offer a more robust and engaging digital experi-

Among the newest offerings is an expanded roster of trending videos, images and stories that will debut online and are sure to foster discussion.

Metro.us is also putting a new emphasis on community voices, including a growing se-lection of intelligent opinions from people around the country discussing the topics that are important to you.

From dating advice and finance tips to commentary on the latest news and sports, Metro.us has what you are looking for.

"We want you to have access to the best things on the Web, we want you to catch the newest viral videos and we want you to get all of your accurate and timely news," said Chief Digital Officer Lotta Karlsson. "We want you to come to us for all



Source: Nielsen Scarborough 2013-14. 2014 R1 (current period)

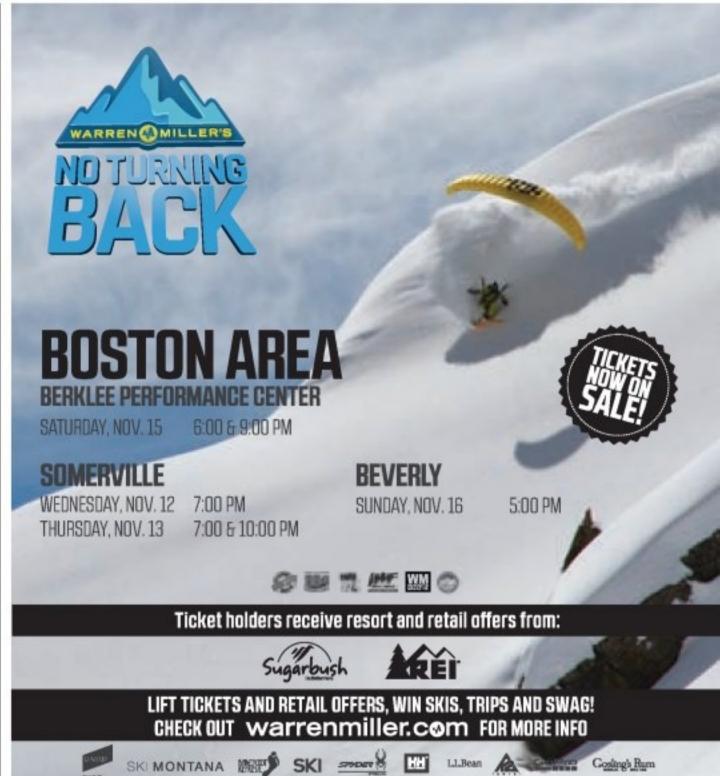
of that and more - and now you can."

Complete with a redesigned look that offers more content for your click, Metro.us will give you everything you need throughout your day, including hot topics, the most popular stories and more categories to find exactly what you're looking for.

And while you're on the go, you can read Metro on your smartphone or tablet by downloading our free app, Metro US, where you can navigate through local, national and international news, entertainment, sports, lifestyle and

"Metro.us is a natural ex-

tension of something that we call the 'Metro Moment' - 15 minutes that our readers have to digest the news on their commutes," said Editor-in-Chief Aleksander Korab. "Metro.us lets us extend those 15 minutes to 15 hours or more and ensures that our content is tailored to our readers." METRO





## SORDILLO'S

Since 1968

FALL SPECIAL EVENT – SARTORIA ITALIANA THE LARGEST CUSTOM MADE BESPOKE ITALIAN STORE IN BOSTON

#### **LORO PIANA PACKAGE**

Super 130's Four Season Men's Bespoke Suite

2 Suits 2 Free Shirt 2 Jackets Luxeri Suit

2 Pant

Package Price \$5,998

#### SPECIAL

Dero Rana

MEN'S BESPOKE SUIT

2 Suits Super Royal wish 170's four season

2 Jackets Cashmere Cloud

2 Pants

2 Free Shirts

\$9,500

Men's Leather Coat on Jacket Custom Made \$3,500

> Shirts hand Made over 5,000 swatches

Cloths from Albini Thomas Mason...Canclini

#### Buy 4 shirts get 1 free

Suits start as low as \$1200 with one free shirt!

#### Work-Buttonhole

We tailor all the best brand suits from Italy-Brioni-Kiton Isaia Canali - Belvest etc.

**Tuxedos Start at** \$1200 with free shirt

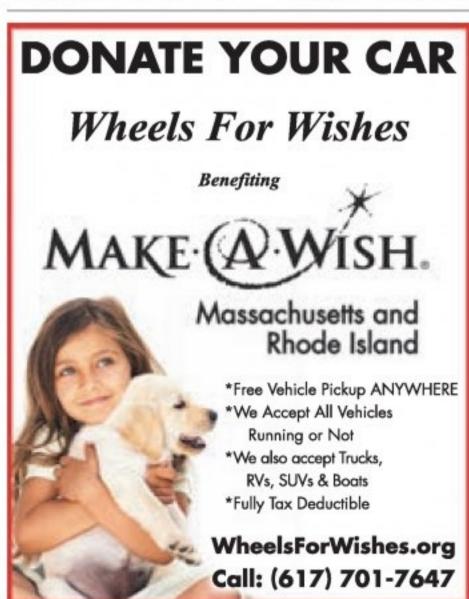
100% cashmere Overcoat only

We have Bespoke suits for, Business Professionals, Lawyers, Bankers Investment s etc.

Starting as low as \$1200 Sordillo's over 45 years of custom, quality service!

SORDILLO'S

222 Clarendon Street, corner of Newbury, Boston, MA 617.369.0190 • www. Sordillos.com





derstanding of Daylight Saving, Ellen Barkin is picking a political fight, Niall Horan begs to differ and Ricky Gervais has a theory.

@UasonAlexander: I'm going back to 1993 so I can be 33 for the winter.

@EllenBarkin: News flash: a fetus cannot talk. It is not a person. Not even a baby, not even an infant. Nope. Sorry.

@NiallOfficial: Someone said to me today, "you weren't very well dressed up for halloween." I totally disagree. We were the 6 best dressed in my eyes

@rickygervais: There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed

# Lena Dunham to people taking her out of context: 'Back the f— up, bros'

Lena Dunham is no stranger to having her words picked apart, but the "Girls" star has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her book, "Not That Kind of Girl." In the book, Dunham details an embarrassing moment of childhood curiosity when she was 7 and her sister, Grace, was 1. "The right-wing news story that I molested my little

sister isn't just LOL - it's really f-ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f-up, bros. ... I told a story about being a weird 7-year-old. I bet you have some too. ... And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."



approximately 17 years after the incident occurred that "right-wing news" outlets are making such a big deal of. / ALL PHOTOS GETTY IMAGES

# Amanda Bynes clears the air about Zac Efron

Amanda Bynes is doing her thing again. The star, recently freed from her parents' conservatorship, has been speaking her mind on Twitter, taking on a number of topics. "It is not illegal to talk about my



personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am - I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right [apartment] in NY." She's also now going to school at USC, apparently. Then she wrote: "By the way I just want to tweet that Zac Efron is not ugly." So this is basically like that time that Kanye took to Twitter to offer a belated in-depth public apology to Taylor Swift for crashing the stage at the VMAs, except way less important.



CHRIS MARTIN SEEMS PRETTY HAPPY IN THIS PHOTOGRAPH TAKEN LAST WEEK.

### Chris Martin and JLaw back together?

Apparently Chris Martin and Jennifer Lawrence aren't so split up - or, possibly, she just forgot a toothbrush at his place and needed to grab it — as she was photographed visiting Martin's home last week.

# Melanie Griffith not seeing 'Fifty Shades'

I don't often say this, but I'm with Melanie Griffith. The "Working Girl" star says she has no plans to watch the "Fifty Shades of Grey" movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondagey in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree. "It would just be too awkward," she tells Extra. "She, I think, would be mortified."

### THE WORD

**Ned Ehrbar takes** on the world of gossip.

**NED EHRBAR** 

@Nedrick ned.ehrbar@metro.us

#### Daily video

#### 'Swiftamine'

So what did you miss on "Saturday Night Live" this weekend? Aside from an epic nine-minute Prince jam and some awkward Boston Marathon and Freedom Tower jokes by Chris Rock, not a lot - but then there's this ad for a medication called Swiftamine: "Over the past month, realizing you like Taylor Swift has become the leading cause of vertigo in adults," says Beck Bennett's character, Dr. David Doctor. As the faux-ad goes on to explain, Taylor Swift-induced vertigo occurs when a Swift track causes your brain to get in a fight with your ears.





#### METRO.US ALL DAY. EVERY DAY.

News and entertainment all day long from your favorite free daily, now with a new and engaging web experience.



# RENE RUSSO STAYS UP LATE

The "Nightcrawler" star talks being a night owl and starring in a dark and refreshingly smart movie. Rene Russo stars as a tough but desperate news director

in "Nightcrawler," written and directed by her husband, Dan Gilroy. With her station failing, she turns to a freelance videographer (Jake Gyllenhaal) for some sensational footage.

#### At what point did Dan first tell you about this idea?

A long time ago. He came home one day and told me about "nightcrawl-



ers" — or "stringers," they're sometimes called - and I had no idea, but they come out after dark and they have the night shift where they go around and they photograph during the witching hour. I'm a night person, and I'll be out at 2 a.m. So now I'm looking around me going, "Whoa, is that a nightcrawler?"

You have a habit of going out late at night?

I have a friend and we're both night owls. Usually I'm at home and I just watch docu-

mentaries or I answer emails. Night time for me is really magical. I love the night. I'll just go out into my backyard and look at the moon at night. I've seen some beautiful moon-sets. I'm in love with the moon, what can I say? I'm a moon girl.

It's always nice to have a movie that lets you make up your own mind about what you're watching.

Exactly! And what's really interesting about this movie is depending on sometimes

gender - and I don't mean all the time - or age, you'll look at this movie differently. Young people, I don't know if they are even looking at it in the same way because I don't think they've hit that desperation in terms of their jobs, you know? Young people that maybe haven't lived enough to cross as many moral boundaries are like, "Wow, that's fed up." I'm like, "OK, let me check back in with you in 40 years." [Laughs] "You need to get back in the oven and cook a little bit."

#### Snip-snap

#### Dealing with the paparazzi

The work that these characters do is reminiscent of TMZ and the amateur paparazzi industry.

Look, here's the deal: I am not Angelina Jolie. I can pretty much go out of my house [and not get noticed]. Has TMZ come up to me? Yes. I deal with things with humor. But I am not Lindsay Lohan. And I think if that were my life it would be really, really hard for me.

I'm a very private person. There are some restaurants I don't really go to because I know TMZ is going to be there and I don't want to wash my hair. These restaurants will actually call TMZ up and tell them who is there. And it's not like everyone's going to jump, "It's Rene!" But some will show up.



NED EHRBAR @Nedrick ied.ehrbar@metro.lu



**Box office** 

#### 'Nightcrawler' tops slow weekend

"I'M IN LOVE WITH THE MOON,

WHAT CAN I SAY? I'M A MOON

GIRL," SAYS RENE RUSSO ON

BEING A NIGHT OWL.

GETTY IMAGES

"Nightcrawler," a dark crime thriller starring Jake Gyllenhaal as a freelance cameraman in the high-speed world of siren-chasing journalism, topped sluggish weekend domestic box office charts with

Chapter 7

**Bankruptcy Legal Fees** 

through December 31st

\$10.9 million in ticket sales.

"Ouija," last weekend's box office leader, was second by a thin margin, selling just \$8,760 fewer in tickets in a weekend slowed by candygathering Halloween revelers, according to tracking firm Rentrak.

Brad Pitt's World War II

film "Fury" was third with \$9.1 million for the three days from Friday through Sunday. The Ben Affleckstarring thriller "Gone Girl," which led the box office for two weekends in October, continued its strong play with another \$8.8 million. REUTERS

Affordable Homeownership Opportunity Starboard Condominiums 45 First Avenue, Charlestown, MA 02129

www.StarboardLottery.com 11 Affordable Units

# of Units	Type	Price	% Income
1	Studio	\$134,300	Up to 80%
3	1 Bedroom	\$162,500	Up to 80%
1	2 Bedroom	\$190,500	Up to 80%
4	Studio	\$176,500	100%*
1	1 Bedroom	\$211,600	100%*
1	2 Bedroom	\$246,900	100%*

Minimum income limits apply.

Alford & Bertrand, LLC Bankruptcy attorneys since 1976

DO NOT TRUST BEGINNERS OR AMATEURS

Four offices Mattapan, Watertown, Quincy, Lynn Free initial consultation



website www.alfordbertrand.com Call for appointment 617-926-8800 or 1-800-698-2889

email address: law@alfordbertrand.com

#### Maximum Income Limit HH size Up to 80% 100% \$52,700 \$65,850 \$60,200 \$75,300 \$67,750 \$84,700 \$75,300 \$94,100 \$81,300 \$101,650 \$87,300 \$109,150

Households may request an application be sent by email or mail from November 14th- December 1st through the following methods: Visit: www.StarboardLottery.com • Call: 617-209-5250

Applications will also be available in person on the following dates and times

Date	Time			
Monday, November 17th	10:00AM - 2:00PM			
Wednesday, November 19th	3:00PM - 7:00PM			
Saturday, November 22nd	10:00AM - 2:00PM			

Location: 92 Main Street, Charlestown, MA 02129

Return completed applications by mail only, Postmarked no later than December 8th, 2014 Maloney Properties, Inc. • Attention: Starboard Lottery 27 Mica Lane, Wellesley MA 02481

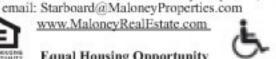
Preference for households displaced by Charlestown Urban Renewal for up to 50% of the units. Selection by lottery. Asset, Use & Resale Restrictions apply. Preference for Boston Residents. Preference for households with at least one person per Bedroom.

Preference for First-Time Homebuyers. For more info or reasonable accommodations, call Maloney Properties, Inc. 617-209-5250 or

www.MaloneyRealEstate.com



**Equal Housing Opportunity** 



\*Plus filing fees





# 'Dear Elizabeth' brings back the romance of letter writing

Review. Lyric Stage's latest could go a bit more in-depth with its characters, but the play still charms.

metr<sub>®</sub>

"Dear Elizabeth" is a lovely, if somewhat sanitized, story of the 35-year friendship of 20th century American poets Elizabeth Bishop and Robert Lowell. Though the two enjoyed a special relationship, they actually spent very little time together, communicating primarily by letter.

Director A. Nora Long nicely leaves you yearning for the gentler, more meaningful form of communication of days gone by with perfect staging and reading of said letters in Lyric Stage's production. Laura Latreille and Ed Hoopman embody the poets with such passion for words and for



each other that you can't help being charmed by this production.

Shelley Barish's set, a cluttered hodgepodge of the kind of stuff people gather while living full, creative lives on several continents, makes you feel front and center in this relationship. Worn, inviting furniture, tennis rackets, bottles of booze and an impressive floorto-ceiling stack of books bring life and an oddly appealing sense of musty New England comfort to the rustic backdrop.

Latreille imbues Elizabeth

with a Katharine Hepburn-like Yankee sensibility that, at first, seems void of emotion. But as she ages, the physical and emotional maturation brings about a sense of confidence and comfort that make clear what an impressive performance you've witnessed.

Hoopman's Lowell has a nice awe-shucks demeanor about him, though he doesn't age as effectively as Elizabeth. He does, however, deliver a heartfelt pang of sadness during a pivotal point of unrequited love that is quite touching. Unfortunately, playwright Sarah Ruhl glosses over a goldmine of material in his marital issues and mental illness that would've vielded a much more interesting Lowell.

"Dear Elizabeth" sometimes feels like an overly romanticized tale of two poets. If you don't know them, you might think, stellar production notwithstanding, this would be a nice story for a magazine.





NOVEMBER 25 & 28: BLACK FRIDAY GIFT GUIDES **DECEMBER 1: CYBER MONDAY GIFT GUIDE** 

Metro's annual insider's guides, featuring a complete listing of Black Friday door busters on two days. Plus coupon codes and cyber deals for Cyber Monday.

FOR ADVERTISING OPPORTUNITIES CONTACT

adsboston@metro.us or 617-532-0120

Special sizes, inserts and creative executions are available.

#### TV watch list

**GAMES** 

#### 'Classic Battle of the Network Stars'

The only reason we're encouraging you to tune into an ESPN offshoot to watch a marathon of a goofball relic from the '70s and '80s where the actors and actresses went head-to-head in an "American Ninja Warrior"style test of strength and agility is the possibility that successful ratings might mean we might see the likes of Jane the Virgin face off against Adam Levine. ESPN CLASSIC, 7 P.M.

#### REALITY

#### 'The Voice'

Taylor Swift continues into month two of media domi-



TAYLOR SWIFT AND ADAM LEVINE TRAE PATTON, NBC

nance by serving as an advisor to contestants during the knockout round. Get your Swiftamine ready (see page 8) as she might sing during the show, right? NBC, 8 P.M.

#### DRAMA

#### 'Gotham'

In this show, which investigates what the city of Gotham was

like before Batman's arrival, we see a younger Commissioner Gordon realizing that maybe he shouldn't have spared Penquin's life, FOX, 8 P.M.

#### COMEDY

#### 'Jane the Virgin'

Jane, the titular virgin here, admits to Michael that she has feelings for Rafael. This is complicated because she is going to pre-marriage counseling with Michael and she is pregnant with the child of Rafael, due to some weird mix-up at her doctor's office. Oh, and she also works at the hotel that Rafael owns. And one more thing, she used to have a crush on Rafael when she was a teen. Lots to work through in that counseling sesh, Jane! cw, 9 P.M. METRO

# WAYS TO HELP -AND KEEP YOUR **OWN SANITY**

No Insurance Necessary

#### KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



#### Don't withdraw

Continue to offer love and support, including invitations to activities. Sometimes a simple gesture can provide invaluable reassurance that you still love them and keep them engaged with the world outside themselves.

yourself. Keep up with healthy habits and activities that make you feel good, including therapy if necessary.

Kids need help, too. Children often feel responsible for their parents' suffering, and experience emotional neglect. Professional support can help them understand what's happening while offering a safe space to share their experiences.

Accept your limitations. For a person to heal, they can still make heartbreaking

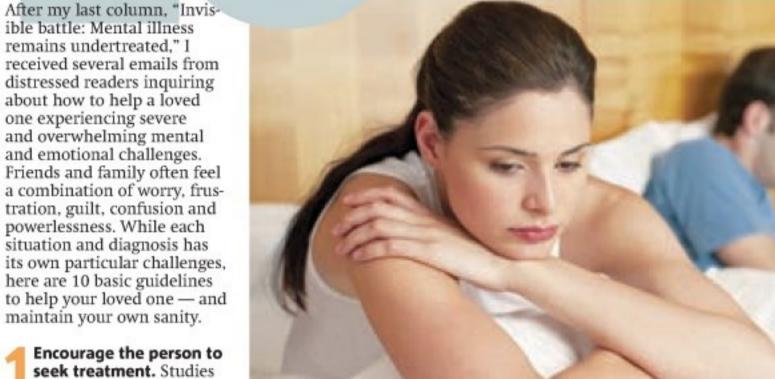


By the numbers

**PLUS** 

#### The puzzle of depression

affect 350 million people provide an explanation for the protective biochemical changes induced by physical exercise that prevent the brain from being damaged during stress." EVA KIS



Withdrawing will only make things worse. / CREATAS RE

Encourage the person to seek treatment. Studies show that one of the greatest barriers to treatment is not access to affordable care, but people's misguided belief that they can handle it on their own. Not only is this unlikely, but delaying care usually prolongs and worsens symptoms.

ible battle: Mental illness remains undertreated," I

one experiencing severe

Get educated. Try to learn as much as you can about their condition to understand its symptoms and what you might expect. The National Alliance of the Mentally Ill is one of many organizations that offer educational resources for family and friends.

Don't play doctor. Tempting as it may be, once you've become educated, don't try to be your loved one's therapist, even if they refuse to get help.

Understanding the illness doesn't make you qualified to treat it.

Try to imagine the person suffering as healed and whole. Mentally ill people can be highly sensi-

tive to body language and concerned about the way others perceive them. Their biggest fear is that they are somehow broken. If you treat them this way, it will reinforce this false belief.

Create a support team. Try to "recruit" others who can check in regularly with the distressed person. This will create a more complete picture of their health

status and provide you with much-needed support.

Watch for sudden changes in behavior. Learn the warning signs of deterioration at www.save. org, and the steps to take in response.

Take care of yourself. Make sure that, in your concern for your loved one, you don't neglect

have to want to get better. You can be very supportive, and a mentally ill individual choices.

### Study. Thank your muscles for your elevated mood

Besides the short-term feelgood endorphins released during exercise, scientists have known that physically fit people are also better protected from stress-induced depression. But the reason for this benefit wasn't clear until a new study by researchers at Sweden's Karolinska Institutet unlocked how the brain is protected by exercise.

Research has shown that working out raises the level of a protein called PGC-1a1 in the skeletal muscle. The Swedish team honed in on this protein, genetically modifying mice to produce more of the protein, which led to their skeletal muscles showing characteristics of training even without exercise, they report in the



journal Cell.

These mice, as well as a group of non-modified control mice, were kept under stressful conditions that included loud noises, flashing lights and disruption of their natural circadian rhythms. After five weeks,

the normal mice had become depressed, but the genetically modified mice showed no symptoms or behaviors of depression.

The researchers' initial hypothesis was that the PGC-1a1 enhanced muscles would produce a brain-boosting substance, but that's not what happened.

We actually found the opposite: Well-trained muscle produces an enzyme that purges the body of harmful substances," Jorge Ruas, principal investigator at the Department of Physiology and Pharmacology, Karolinska Institutet said in a statement. "So in this context the muscle's function is reminiscent of that of the kidney or the liver."

Ruas says this work may open up a new pharmacological principle in the treatment of depression, "where attempts could be made to influence skeletal muscle function instead of targeting the brain directly." EVA KIS



**BOSTON** UNIVERSITY

Discover more than 40 part-time programs offered evenings & online at BU's Metropolitan College.

> **Graduate Programs:** Saturday, November 15, 10 a.m.

> > bu.edu/met/info

metre www.metro.us EDUCATION 12

# Colleges tighten travel bans due to Ebola crisis

#### Studying abroad.

Students are prohibited from heading to the stricken region.

As West Africa continues to fight the spread of Ebola, colleges and universities are tightening restrictions on where students and professors can study abroad and do research.

The International Business Times reports that universities across the country are prohibiting students from heading to Guinea, Sierra Leone and Liberia — the three countries hit hardest by the epidemic. The Centers for Disease Control (CDC) currently advises all Americans to avoid nonessential travel to the region while also noting that "education-related travel to these counties should be postponed until further notice."

Columbia University announced its travel ban earlier this month, citing the CDC advisory. "Accordingly, all Columbia students, faculty and staff must avoid travel to Sierra Leone, Guinea and Liberia," the university said in a statement. "Students will not receive credit or funding for activities involving travel in these countries, and student groups are not permitted to visit any of them."

Columbia is also among the universities that have said that they will make exceptions for faculty members going to West Africa for humanitarian reasons.

The University of Pennsylvania and Georgetown have also issued student travel restrictions.





One professor's story

#### Fighting the epidemic

One professor who is traveling to Liberia to help stop Ebola is Trish Henwood, an assistant professor of emergency medicine at the Hospital of the University of Pennsylvania. Henwood is getting ready to work with the International Medical Corps in Bong County, Liberia. "I realize risks are associated

with it, but they are calculated risks, and I feel like I have the right training and background," she explained to the Philadelphia Inquirer.

#### College. Don't make these common mistakes on your applications

Applying to college is one of the first adult responsibilities that teenagers face, and that pressure might add an extra level of anxiety to an already stressful process.

"Students have an idea in their heads of what admissions officers are looking for," notes Mari McQuaid, a college admissions counselor at lvyWise, a consulting company that offers students college counseling and test prep. "[But] some students skimp on the details that can be advantageous to them."

We asked McQuaid to share some advice for the high school students currently working through the application process.

#### Show your personality

"It's harder to reject somebody if you feel that you kind of know them," notes McQuaid. Too often, students are overly formal in their essays and application answers. She advises students to show colleges a bit more about their interests.

"The biggest mistake is not providing enough context," she adds. Is there a reason you've always wanted to be a doctor or have chosen an education major? Including those stories will make your application richer.

"Don't be disrespectful,"
warns McQuaid, "but if you
can inject your sense of humor
it does make a difference.
... You can kind of see the
students who are overly concerned with how they come
off."

#### Use descriptive language

When describing things like extracurriculars and part-time jobs, students tend to be very literal, notes McQuaid. "Spin it in the best way possible," she advises. For example, a student who volunteers at a tutoring center often will say something like 'I helped kids with their math homework,' which, while true, isn't particularly



Do your homework

# Know the school you are applying to

Most applications have a question that simply asks students why they are interested in attending that particular school. "It's very, very important that students do their research so that their essay is as strong as

descriptive. "Saying that you mentored them or coached them sounds more impres-

sive." Did you have a mentor who possible," says McQuaid. She recommends that applicants go to the university's website and look up the professors that they are likely to be taking classes with. Is there a particular class or major that intrigues you? Mentioning that — and explaining why — goes a long way.

helped you get to where you are today? "Give credit to those people," says McQuaid. "It balances everything out in a way." LAKSHMI GANDHI

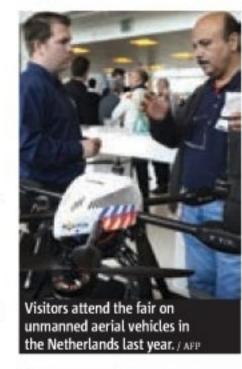
# Technology. Drones have some advocates on college campuses

When the average person thinks of a drone, the military uses of the unpiloted aircrafts are probably what come to mind. But some college professors say drones can be used in unique ways in class to further learning on campus and beyond.

At Ohio Wesleyan University, Chief Information Officer Brian Rellinger says he's been using drones with students to do things like photograph sports games and study wildlife and agriculture. In an interview with Vala Afshar for the Huffington Post's Impact blog, Rellinger stressed that drones could bring researchers access to places previously inadmissible to them, which would allow "gathering data from sacred forests in Ethiopia, mapping lava flows in Ecuador and surveying the forest canopy in Costa Rica."

But all of this technology comes with a price. The types of drones that would be used for educational purposes run from \$500 to \$3,000.

LAKSHMI GANDHI



#### The catch

Of course, not everyone is thrilled with the idea of putting drones in the hands of college students. Some of the ethical questions Rellinger and others often hear include concerns about privacy and the drones being used for spying or unwanted photography.

#### Work-life balance.

Take these simple steps to make your workday easier.

If you're like most Americans, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, "The Happiness Project," in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention
paid to big, transformative
events like, 'I'm going to
climb Kilimanjaro,'" says
Rubin. "But it's important to
look at ordinary life, the little
things you can work in that
don't take a lot of time or
money."

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little



brighter.

#### Have a work buddy

"When [researchers] talk to people who are happy at work, one of the most common things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with, Rubin adds.

#### Try to find a supportive boss

"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

### Make sure you are comfortable

Literally. "Is your desk the

#### Creating a plan

#### A new online tool

Rubin is a spokeswoman MS Blueprint, a new online tool for people with multiple sclerosis that helps them to create action plans to reach personal goals. "I really believe you can do these simple, manageable things in everyday life that change the quality of your life," says Rubin. "MS is an unpredictable disease, [but Blueprint allows users to say:] 'Let me think of what my life is really like and what I can do to make my life better."

right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.



LAKSHMI GANDHI @LakshmiGandhi lakshmi.gandhi@metro.us

#### LOOKING FOR AN EXCITING OPPORTUNITY??

fresco

UNO Fresco is opening in Newton, MAI

NOW HIRING ALL POSITIONS!

Cashiers • Cooks • Dishwashers • Expo/Food Runners

Apply online at **www.unofresco.com** or call **617-218-5260** to schedule a time to speak with our General Manager.

Opening soon at 300 Needham St., Newton, MA 02464 (Take the Green Line to Newton Highlands and the 59 bus to Needham St/Oak St).

### Speak a Foreign Language? Put it to work!

#### **Become Professional Interpreter!**

- · Medical Interpreter Training
- · Legal Interpreter Training
- Community & Business Interpreter Training

7-week 60-hour Certificate programs in Boston for

Arabic, Spanish, Portuguese Russian, Chinese and Haitian Creole

www.InterpreterTrain.com Language Connections: (617) 277-1990



#### **IN TODAY'S GLOBE**

# Talking shop. Try these phrases when asked to justify your major at parties

If you're planning to go into law, business, engineering or med school, chances are you're getting praised for making a "smart" career decision.

Those of us who have chosen a degree with blurry career opportunities, such as a Bachelor of Arts, are most likely used to getting puzzled looks from relatives and friends.

"So what can you do with that degree?"

"Are there enough jobs in that field?"

If you're sick and tired of having to explain why you're pursuing your passion, here are a few responses you keep under your sleeve.

1"Any type of education is valuable." No matter how irrelevant your major may seem compared to the "real world," you have spent four years learning about a specific discipline, and there will be jobs where you will



be needed.

2"I have employable skills.
I just need to find the
right opportunity — like
everyone else." No matter
what major you choose, just
about every educational
process teaches you
critical thinking, research
methodologies and coherent
writing skills. And these
tools are valuable to any job
out there.

3"I'm working on that now.
Do you want to check back
with me later?" Although it is
a good idea to think about your
options, you shouldn't dwell
on it throughout undergrad.
Take it one day at a time!

Talentegg.com is a job board and online career resource for college students and recent graduates.

TalentEgg

### WE PICK UP WHERE THOSE

MONOSYLLABIC POST-GAME ANSWERS LEAVE OFF.

D1 SCORE. A SPECIAL SECTION OF ALL THINGS PATRIOTS AND NFL. EVERY MONDAY.

Sports



BOSTONGLOBE.COM/SCORE

₱2014 / THE BOSTON BLD

#### Horoscope

M Scorpio Oct. 23-Nov. 21. Resist the urge to flare up in the heat of the moment. Jealousy will cause you to judge a situation in the wrong light.

A Sagittarius | Nov. 22-Dec. 21. A demanding family member may not be aware of your situation. Express your feelings and take a moment to re-evaluate your position.

Capricorn | Dec. 22-Jan. 20. You have several choices to make, but before you take a leap of faith, ensure that you have all the information needed to make the right decision. Turning back won't be an option.

Aquarius | Jan. 21-Feb. 18. Don't let lethargy drag you down. Spark your enthusiasm by taking a trip or educational course, or beginning a creative project. The longer you sit, the harder it will be to get motivated.

H Pisces | Feb. 19-March 20. Look for people who share your interests. There is no shortage of groups you can investigate. Find something that appeals to you and make a point to get involved.

March 21-April 20. Problems will surface if financial matters are not handled properly. Gather the relevant parties in your household and allocate responsibilities.

#### Taurus | April 21-May 21.

Give your morale a boost. A trip to a flea market or local shopping area will help to break up the routine and reduce your stress level.

II Gemini | May 22-June 20.

If you spend extra time at work, make sure you clear it with someone who counts on your assistance. You will face unwanted demands if you don't use your time wisely.

Gancer | June 21-July 22. Keep your priorities in order. You have a creative project to work on, but make sure you take care of your primary responsibilities first to avoid interference once you start it.

Ω Leo | July 23-Aug. 22.

You should make time for family today. If you have been too caught up with your own needs, someone you love will feel left out. A day trip will help bring you closer together.

TV Virgo | Aug. 23-Sept. 22. Rely on the help of friends to complete your to-do list. The feeling of accomplishment will make you realize the importance of your relationships.

▲ Libra | Sept. 23-Oct. 22.

You will discover some unsettling news. Don't judge or criticize before checking out the source of the information to determine if what's being said is fact or fiction. EUGENIA LAST

#### Letters

#### Ebola concern isn't hysteria

Re: 'Nothing to fear' (Metro, Oct. 31 to Nov. 2) Letter writer Michael Molder should have scratched a bit deeper - forced quarantine does have precedence going back to the 19th century, so yes, national health trumps the nurse's temporary discomfort. I should also note it's been suggested that someone can be contagious without displaying symptoms; also, about 13 percent of contagious people don't develop a fever, and despite earlier CDC

announcements, air droplets from, say, a sneeze, can infect. So yes, concern is warranted and it's not hysterics to suggest a temporary quarantine for those traveling from hot-zones nor a commercial travel ban to the same.

SEAN ROOK, VIA EMAIL

# Ebola isn't a top killer in the US

Re: 'Nurse's happiness doesn't trump national health' (Metro, Oct. 30) Robert Sieger's letter about Kaci Hickcox is a perfect

example of the kind of aggressive ignorance that is currently making the United States an embarrassment on the world stage. Kaci Hickcox, like many selfless health care workers, put her own life on the line in order to help the victims of a massive tragedy halfway around the world, only to be rewarded by being treated like a cross between a barnyard animal and Typhoid Mary when she returned here. While she was in Africa risking her health and future to aid strangers, I wonder what Mr. Sieger was doing, besides absorbing every bit of idiotic hysteria the media

has been doling out non-stop since the crisis in Africa started. I am amazed by the mindless cowardice on display across the media landscape, especially in the light of real threats to our safety - like the inexcusable and preventable gun violence that no doubt has killed a couple of random Americans today - while our death toll from Ebola remains at one. ROBERT TROMBETTA, VIA EMAIL

#### letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

#### Sudoku: Easy and hard

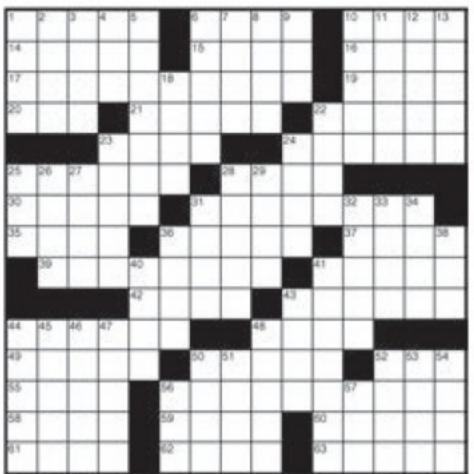
8							1	5
6	9		1		3			2
2			7			8		
			4	7				
	7		9		8		4	
				3	5			01
		8			2			4
5			8		6		3	1
4	1							6

3	9				1			
		7	8	4		2		
		4	3	6		9		7
		1					6	
7								1
	5					3		
1		2		3	8	6		
		9		7	4	1		
			1				8	9

#### How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

#### Crossword



#### Across

- 15 Court order
- 16 Toledo's lake

- 30 Jogs
- 31 Monthly payment for
- many
- 35 Apollo acronym

- 1 Hot sundae
- 10 Wooded hollow

- 19 fide
- 20 Quaker pronoun
- 21 Dentist's order
- 23 Excited

- 37 Rockies ski resort
- 41 Coon cat origin
- 43 Hit dead-center

- 6 Painted tinware
- 14 Elite squad (hyph.)
- 17 Romantic lighting

- 22 Flashy dressers
- 24 High-priority
- 25 Weasel-like carnivore
- 28 "Holy cow!"
- 36 Myopic Mr.
- 39 Interrupts (2 wds.)
- 42 Back muscles

- - 50 Columbus' port

  - 56 Vacations for control
  - freaks? (2 wds.)

  - 59 Field of study
  - 60 High-IQ group

  - 62 Collies do it
  - 63 Snake

#### Down

- 3 Say no
- 4 Gallivant
- 6 Guitar sound

7 Scepter go-withs

- 44 Small pet 48 Ancient
- cosmetic
- 49 Detox, perhaps
- 52 Flying mammal
- 55 Diva's melody
- 58 Shaft locale
- 61 Farmer's need

- 1 Statistic
- 2 Jazz's home
- 5 Comes out

- - 23 Fragrant oil

  - 25 Everest or K2

  - 32 Benefit
  - 33 Actor Max --
  - 36 Sit-down occasion
  - 38 Was in charge
  - 41 Gandhi

- coins
- 11 Carve a canyon
- 13 Slightest

- 26 Desert dweller
- 28 Hindu ascetics

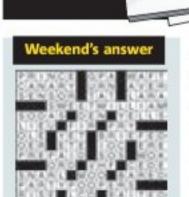
- 43 Koh-i diamond 44 Metric units

8 Onetime Trevi Fountain

- 9 Letter after zeta
- 10 Remove wiretaps
- 12 White-sale buy
- 18 Zodiac beast 22 Remnant
- 24 Capable of (2 wds.)
- 27 Sub (secretly)
- 29 Spinach is rich in it 31 Clipper ship feature
- 34 One, in Berlin
- 40 Smooth-talking

#### Visit us online at Metro.us.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your



smartphone and hold the

screen over the puzzle.

- 45 Strange 46 Lorelei's river 47 Made like sheep
- 48 Handle dough 50 Clinton's veep

51 Still-life subject

- 52 Tough spot 53 Nave neighbor
- 54 Bygone ruler 56 "Oom-Pah- -- " 57 Wine category

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Boston 234 Congress St., 4th Fl., Boston, 02110 • main 617-210-7905 • to advertise 617-210-7905 • Associate Publisher Ed Abrams • U.S. Circulation Director loseph Lauletta • U.S. Marketing Director Wilf Maurioir • email sales adsboston@metro.us • email distribution distrib about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor-in-Chief Aleksander Korab, aleksan

# Patriots crush Broncos on cold day in Foxboro

NFL. A big rivalry game turned into a cakewalk as New England walked over Denver to a relatively easy 43-21 victory.

Tom Brady and the Patriots rekindled the days of old against Peyton Manning on the first wintery day of the year in Foxboro.

New England ran out to a 27-7 halftime lead behind four second quarter touchdowns and never looked back in a 43-21 victory. The win pushed the Pats to 7-2 on the season (5-0 at home) and furthered their stranglehold on first place in the AFC East.

Denver, which entered as three-point road favorites, took just their second loss of the season after winning four straight.

Metro looks at three things that went right in the Patriots' biggest victory in years.

Back on top The Brady-Manning showdowns have always been used as a measuring stick for the best quarterback in the game. And despite their advanced ages, they are still the league's best. But no one is playing better than Brady right now. The 37-year-old followed up a five-touchdown perfor-





Visit Metro.us to read about the Redskins' bus crash on the way to their game.

mance with a ho-hum four touchdowns and 333 yards against the vaunted Denver defense. Brady threw the ball 53 times in a game that was supposed to be tailor made for the running game due to 20 mph wind gusts. The Patriots eschewed the running game almost entirely — with just 23 carries for the backs — and considering how hot Brady was, it made

sense. Most importantly, the previously shaky offensive line let Brady stand in the pocket largely unmolested by elite pass rushers Von Miller and DeMarcus Ware.

Gronk's good You're allowed to still expect him to get injured eventually, but Rob Gronkowski is separating himself from the greatest tight ends of all-

time — forget about just active ones. He added another touchdown on Sunday with nine catches and 105 yards receiving. The touchdown was the 50th of his career. He became the second fastest in history to have 50 touchdown catches, behind only Randy Moss. He is averaging 103.2 yards per game with five total touchdowns since taking on a full workload against the Bengals.

3 Getting defensive Most of the numbers will say the Patriots defense had a poor game. They gave up 472 total yards and sacked Manning just once. But the game tape tells a much different story. Against the best offense in the game, the Patriots' no-name defensive made plays when it mattered most. The defense held Denver scoreless as the game slipped from their fingers in the second quarter. Trailing 7-6, Rob Ninkovich picked off Manning and Brady found Julian Edelman for a quick touchdown four plays later. On the next possession, the Pats forced a punt after five plays for 11 yards and Edelman returned it 84 yards for a touchown. Just like that it was 20-7 Patriots and after a missed field goal on the next possession, the Broncos



never got close again.



#### Around the NFL

The Jets' season continues to get uglier, while the Seahawks held on against the lowly Raiders.

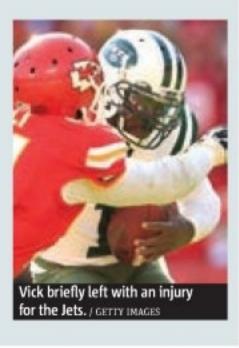
- Chiefs 24, Jets 10 Michael Vick's first game as starter worked out about as well as the previous seven games for New York. Alex Smith threw for 199 yards and two touchdowns as the Jets lost their eight straight game.
- Seahawks 30, Raiders 24 Marshawn Lynch stepped up with two touchdowns runs on a subpar passing day for Rus-

sell Wilson in a much-needed win for Seattle. The Seahawks defense also caused three turnovers, leading to the win.

Rams 13, 49ers 10

Perhaps the Rams aren't as bad as we thought. St. Louis pulled off yet another upset (they beat Seattle a few weeks ago) thanks in part to Colin Kaepernick's alltime worst performance.

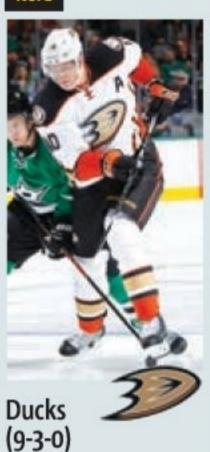
 Cardinals 28, Cowboys 17 Tony Romo sat out and the Cardinals advanced to 7-1 on the season.





#### **NHL power rankings | by Rich Slate**

#### No. 1



It is hard to argue that the Ducks aren't the top team in the league at the moment. They have the most points (18) and an impressive goal-differential of plus-11. Corey Perry leads the league with 10 goals and Frederik Anderson has the best goals against average (1.60) in the NHL.

#### Lightning (8-3-1)



The Canadiens have the same amount of points but they are ahead of Tampa Bay since they have played one less game. Tampa is better since their goal-differential is plus-10.

#### No. 3

#### Canadiens (8-2-1)



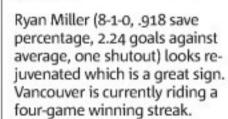
It's a fact that the Canadiens are off to a great start. The only potential cause for a bit of concern about them is their goal-differential which is zero.

#### **Penguins** (7-2-1)



The Penguins' offense is putting up silly numbers: 41 goals. Pittsburgh also has the best goal-differential, an absurd plus-19. This isn't news, but Sidney Crosby and Evgeni Malkin are nearly unstoppable.

#### Canucks (8-3-0)



#### No.6

#### Wild (7-3-0)



Another Western team that is really flying under the radar is the Wild. They are tied with Florida for the fewest goals allowed (18) and they have the second best goal-differential.

#### Sharks (7-4-2)



The Sharks came back to Earth after a long East Coast road trip. Still, it figures to be another great race between them, Anaheim and Los Angeles for control of the Pacific Division all season.

#### **Red Wings** (6-6-2)



They won't continue to play at this level if they keep struggling to score goals (27) but their solid goaltending and defense (21 goals allowed) is something to build around.

#### No. 9

#### **Predators** (6-2-2)



Things are going well in the Music City with the Preds tied atop the Central Division. Rookie center Filip Forsberg (one goal, seven assists, plus-11) looks like a find.

#### No. 10

#### Kings (6-3-2)



L.A. has yet to win a road game (0-2-2). Expect that to balance out with their stellar record at Staples Center (6-1-0). Getting do-everything center Anze Kopitar back after missing the last three games is key.

#### No. 11

#### Blues (6-3-1)



After a slow start to the season, the Blues have turned it up lately with four straight wins. A back-to-back at the Rangers Monday then Devils on Tuesday will be a good test.

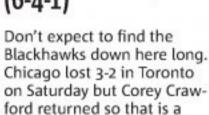
#### No. 12

#### Devils (6-3-2)



They are playing for second place in the Metropolitan Division behind Pittsburgh, but it is wide open between them, the Islanders, Rangers, Capitals, Flyers and Blue Jackets.

#### **Blackhawks** (6-4-1)



#### No. 14

#### **Flames** (6-4-2)



The Flames are off to a great start. It's going to be an uphill battle as usual for them in the Pacific Division with Anaheim, Vancouver, San Jose and L.A. all in front of them.

#### No. 15

#### **Bruins** (7-6-0)



Boston has won five of their last seven games and Saturday's 4-2 victory vs. Ottawa was one of their most impressive triumphs of the season.

#### No. 16

#### Leafs (4-1)



The Leafs have won their last three games. Toronto is 3-0-1 on the road which is an interesting statistic. Three of their next four games are on the road as well at Arizona, Colorado and Ottawa.

### metr CLASSIFIEDS To place an ad call 866-900-9473 or visit us at www.metro.us

# **MEDICAL RESEA**

To advertise call Steve Corcoran at 617-532-0120 or email steve.corcoran@metro.us







Are you depressed? Are you interested in a study that evaluates the effect of yoga on depressive symptoms?







If so, you are invited to participate in a research study No drugs are involved in this study.

> The yoga in this study is designed for beginners. Eligible subjects will be paid for their time.

For information please call: (617) 638-8046 • Email: yogast@bu.edu Department of Psychiatry, Boston University Medical Center

#### NHL. Bruins ink head coach Julien to new multi-year contract extension

positive. The Blackhawks'

goal differential is plus-7.

It's been a good era for the Boston Bruins, and the powers that be decided to take a step toward extending the recent success of the B's by signing coach Claude Julien to a multi-year extension.

"Claude is one of the top coaches in the NHL and has consistently shown a passion for winning through his coaching," Bruins general manager Peter Chiarelli said on the Bruins' website. "Coaching is a difficult profession at the best of times and what Claude does in implementing structure in his systems, and having a solid defensive foundation while allowing freedom in offensive play is no easy task."

During his tenure as head coach, the Bruins have gone 317-171-65 in 553 games with a .632 win percentage.

"During his time with the Bruins, he has excelled in maintaining this difficult balance." Chiarelli continued on his coach, "and his longevity here speaks volumes. He



has coached the Bruins to a Stanley Cup and a Cup Final appearance and our goal to win with him at the helm remains the same as we move forward."

Julien won the Jack Adams Trophy as the league's top coach in 2008-09 and also

earned the NHL Coach of the Year honors from The Sporting News that season.

Every single year Julien has been on the bench the Bruins made the playoffs.

The 7-6 club looks to get things going against the Panthers Tuesday at home. METRO

### MEDICAL RESEARCH



To advertise call Steve Corcoran at 617-532-0120 or email steve.corcoran@metro.us

Is MENOPAUSE making you MOODY?



- If this sounds like you...
- mid-life woman ages 35 to 50
- having mood swings, sadness, or depression
- NOT taking antidepressants or hormone medications

...then you may be eligible for a research study at Brigham and Women's hospital.

The study **DOES NOT** involve taking medication. Compensation up to \$250.

For information, please call 617-525-6459 or email jcamuso@partners.org

### metr@classifieds

To place an ad call 866-900-9473 or visit us at www.metro.us

# Seeking women (18-45 years old) with Anorexia Nervosa

for a research study looking at the effects of a new drug on gastrointestinal symptoms in women with anorexia nervosa

- Includes physical examinations, hormonal evaluations, and blood draws (7 outpatient visits)
- Study drug is given as an injection
- Participants will be randomized to the study drug or placebo
- \$1000 remuneration plus parking and/or public transportation reimbursement
- Please contact Ildiko Gaal at 617-724-1579 or igaal@partners.org

Research Study conducted by the Neuroendocrine Unit at Massachusetts General Hospital

Tired? Low Sex Drive? Losing
Muscle Tone, Maybe Even a Bit
Depressed? It may be more than
just your age. It could be low
testosterone or low T.

We are currently seeking participants for a research study testing an investigational drug for hypogonadism (low testosterone levels).

Qualified participants will receive at no cost:

- Study-related care
- Investigational medication

Compensation will be provided for time and travel.

Call 617-923-0328

BAY STATE CLINICALTRIALS, INC. 521 Mount Auburn Street, Suite 209, Watertown, MA 02472



# MEDICAL RESEARCH

To advertise call Steve Corcoran at 617-532-0120 or email steve.corcoran@metro.us

#### **DO YOU HAVE NECK OR BACK PAIN?**

The MGH Center for Translational Pain Research is conducting a study to improve opioid therapy



This study involves: Office visits & phone calls; Medication or placebo; Temperature testing



FOR MORE INFORMATION: 617-724-6102

MGHpainresearch@partners.org

www.massgeneral.org/painresearch

#### LEGAL & PROFESSIONAL SERVICES

To advertise call Herman Miles at 617-532-0105 or email herman miles@metro.us





MODEL MS119-G-K SHOWN: OUTSIDE 15 1/4 7H-11 1/2 7W-12 1/2 TO MSDE1276-8-1/278-8-1/27D

SALE ENDS 12/31/14 **BENTON LOCKSMITHS** 233 FRIEND ST., BOSTON-NORTH STATION T STOP HOURS: M-F 8-5 SAT 9-1

**SALE \$228** 

REG \$305

ELECTRONIC LOCK \$64 EXTRA

4 SIZES IN STOCK

HOUR FIRE RATED

BOLT-DOWN KIT INCLUDED

"IN-STORE PURCHASE ONLY

SOCIAL SECURITY DISABILITY

VETERANS DISABILITY No Fees unless successful... Home Visits Available



(617) 913-6200

Graham N. Wright, Esquire Law Offices of Graham N. Wright 21 McGrath Highway, Suite 201, Quincy, MA 02169 gnwrightesq@gmail.com

#### CHILD SEX ABUSE VICTIMS

NEW MASS LAW EXTENDS TIME FOR OBTAINING JUSTICE AGAINST THOSE WHO HARMED YOU. MORE INFORMATION AT www.dursolaw.com

#### Have you been diagnosed with **BIPOLAR DISORDER?**

Are you currently **DEPRESSED?** 

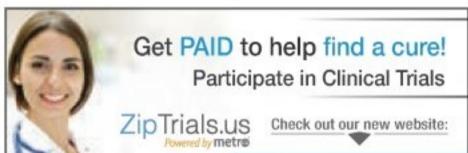
Are you between the ages of 21 - 65?

If so, you may be eligible to participate in a research study at McLean Hospital on the effects of Low Field Magnetic Stimulation for bipolar depression. Participation involves a screening visit and three 20-minute treatments with our LFMS device.



Participants can be compensated up to \$275.

If interested, please contact Sierra at 617-855-4433 or Ifms@mclean.harvard.edu



#### www.ziptrials.us

#### metr@classifieds

To place an ad call 866-900-9473 or visit us at www.metro.us

n other Metro U.S. publications. It is the advertiser's sole porsibility to check each ad the first day it is published. letro U.S. assumes no responsibility for any reason, for

CARS

Cars for Sale

#### **Vehicles Wanted**

Junk or Repairable Cars Wanted \$350 - \$5500 & up 781-606-1271



Extra Cash paid for Hondas, Toyotas, & Nissans Any Location, Anytime towingcarsusa@yahoo.com

# JOHN'S AUTO



Good Credit, Bad Credit, No Problem

Servicing the Somerville and Metro Boston Area for 40 years, Same Location, Same Service No Games, No Gimmicks

Guaranteed Financing, 100% Satisfaction Guaranteed!

181 Somerville Ave, Somerville MA 02143

866-370-4444

www.johnsautosales.com

# Wish your teen wasn't a smoker like you?

Take action. Explore a local research study for children ages 12-16.

- No-cost counseling and support to quit smoking
- Investigational study medication
- · Study-related care and monitoring from a local doctor
- · Compensation for time and travel

Call 617.387.1706 • Visit adamsclinical.com





#### **ENROLL NOW!**

- · By enrolling in RSVP, you are not obligated to participate in a study.
- TOTALLY CONFIDENTIAL: You receive study information;

#### YOU CHOOSE

which study to contact. Some studies pay stipends.

VOLUNTEER TODAY!

www.RSVPforHealth.org Toll-free: 1-866-391-7030

#### **Vehicles Wanted**



**ALL JUNK CARS WORTH CASH** \$350 to \$5,000

Cars, Trucks and Heavy Equipment.

**IMMEDIATE PICKUP 24/7** No key, No title, No problem

Call now 617-678-6833

#### REAL ESTATE

Rentals

2nd Floor 3bed 1bath Dorchester Section 8 Not De-leaded Free Parking, Transit 1st, Last, Security Jenny 617-980-4044

#### **ITEMS WANTED**

#### WE PAY CASH \$\$\$ FOR YOUR JUNK CAR

GET RID OF YOUR JUNK CAR, TRUCK, VAN OR SUV AND MAKE \$\$\$

CALL JOE @ QUALITY AUTO REPAIR &TRANSPORT 617-999-3631

WE SERVE BOSTON, NORTH AND SOUTH SHORES, & SURROUNDING AREAS



Cash for Records

Wanted 33Lps & 45s

George 617-633-2682



Cash for Records

#### **Top \$\$ Paid For Guitars**



We buy ALL Musical Inst. Guitars, Saxes, etc. We travel & PU Cash on the spot! 617-594-3255

#### CASH FOR DIABETIC TEST STRIPS:

Up to \$35/Box!

We will pick up same day! Must be factory sealed and unexpired. Call Jenni for a Quote Today!

800-413-3479

www.CashForYourTestStrips.

#### SERVICES

**Tax Problems** 617-335-2988 EX IRS Revenue Agent www.davidrootcpa.com

Titan:

#### SERVICES

### Pathway Wellness Spa



No more Hot Tamales until spring!

**But our Inspiring** Deep Tissue massage is Best in Boston and Here all winter. Warm up!

Sunday Special: \$50.00 for 60 minutes.

Hours: 10am - 9:30pm 617-481-2569

Two beautiful therapists from China take care of business giving you the "Best massage in Boston Area"

Free on/off Street parking 33 Fayette St., Quincy, MA

#### MISCELLANEOUS

\* Same Day Approval !

Stop collections and ease your debt burden. Edgepoint Financial can help! Competitive low rates, easy terms and no up front fees. Call with no obligation 1-800-899-1726.\*

#### PSYCHICS

#### **WORLD'S POWERFUL INDIAN ASTROLOGER & SPIRITUALIST**



SPECIALIST IN - Palm Reading, Face Reading, Birth Reading, Open Book & Patra Reading.

KNOW ABOUT YOUR LIFE - CHANGE WAY OF FUTURE IF YOU HAVE ANY PROBLEM - I HAVE A SOLUTION

For Enemy, Health, Family, Money, Sexual, Love, Business Husband & Relationship, SPECIALIST IN - Bringing Loved Ones Back.

EXPERT IN - Removing Black Magic Witchcraft, Bad Luck, Curses Spirits, By Doing SPIRITUAL PRAYERS

GUARANTEE 100% RESULTS

CALL FOR APPOINTMENT PRIEST-BABAJI • 781-354-8954

PRIVATE OFFICE

MASSACHUSETTS

**OPEN 7 DAYS A WEEK** 

#### LEGAL NOTICES

(SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

14 MISC 487183

ORDER OF NOTICE

TO:

Jamila Puckerin

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 501 et seq.:

#### East Boston Savings Bank,

claiming to have an interest in a Mortgage covering real property in Dorchester, numbered 1-3 Louis Terrace, Unit 1-B of Blandino Farms Condominium, given by Jamila Puckerin to East Boston Savings Bank, dated June 28, 2012, and recorded in Suffolk County Registry of Deeds in Book 49766, Page 326, has filed with this court a complaint for determination of Defendant's Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before December 1, 2014 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 15, 2014,

11/3/14

Deborah J. Patterson Recorder

#### (SEAL)

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

487115

The heirs, devisees and legal representatives of the Estate of Howard Siegel

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 et seq.:

Ventures Trust 2013-I-H-R by MCM Capital Partners, LLC, its trustee,

claiming to have an interest in a Mortgage covering real property in Boston (Brighton District), numbered 19-21 Mapleton Street, Unit 21, 19-21 Mapleton Street Condominium, given by Howard Siegel to Mortgage Electronic Registration Systems, Inc. as nominee for, Countrywide Home Loans, Inc., its successors and assigns, dated May 25, 2006, and recorded in Suffolk County Registry of Deeds in Book 39697, Page 257, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before December 1, 2014 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 14, 2014

11/3/14

Deborah J. Patterson Recorder

#### LEGAL NOTICES

(SEAL)

TO:

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT

14 MISC 487387

ORDER OF NOTICE

VERONICA D. MOON and **OBIE LEE TURNER** 

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 501 et seg.:

#### CYNTHIA SPEIGHT

claiming to have an interest in a Mortgage covering real property in DORCHESTER (BOSTON), 883 WASHINGTON STREET, given by VERONICA D. MOON to CYNTHIA SPEIGHT dated NOVEMBER 29, 2004, and recorded in SUFFOLK REGISTRY OF DEEDS in Book 38610, at Page 182, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before December 8, 2014 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, Judith C. Cutler, Chief Justice of this Court on October 22, 2014

Attest:

Deborah J. Patterson Recorder

#### JOBS

#### Professional

In Home Therapy Clinician, North Suffolk Mental Health Association, Inc., 265 Beach Street, Revere, MA 02151:

Provide medically necessary care in a structured therapeutic relationship with youths & their families. Min Regs: Master's (foreign equiv) in Social Work, Mental Health, Counseling or closely related field & MA CANS certification. Local travel to client sites, Mail Resumes to Jason Romano, Dir, HR, 301 Broadway, Chelseo, MA 02150 w/ ref to Job Code: NS37. No calls please.

HIRING LICENSED NAIL TECHS Hourly rate + GUARANTEED 20% tips on all services performed! Work up to 30 hours and make up to \$800/week! Flex, hrs weekdays 9 - 5! JOBSOMANICUBE.COM

Northeastern University and Ruggles MBTA, on the Green and Orange line, is hiring crew nembers for all shifts. Also hiring for stores located in Dorchester and Logan Airport. PT and FT. We offer a good starting pay and we will train. Benefits include vacations, 401K and more.

Call (617) 541-1911 to schedule an interview. Visit us on the web! www.thewaldwingroup.com

#### **General Help Wanted**

#### **Part Time Drivers Easy Commute to** South Boston!

Local Auto Delivery Company seeks part-time drivers for local work delivering cars. Different shifts available 30+hours plus available but not mandatory. Weekend work is a must. Great job for retirees and others looking for casual part-time work. Hiring now for following shifts:

Daily: 7:30am - 5:00pm, 9:00am-6:00pm, 4:00pm-12:30am Overnights starting Midnight - 8:00am on Thursday, Friday, Saturday, Sunday and Monday.

Wednesday and Thursday 5:00am-1:30pm

Work with a crew of others moving rental cars. We supply transportation to work locations. Some walking required. Our South Boston office has free parking and is Red Line T accessible at Broadway and Andrew. Easy commute from the South Shore and downtown. We require a clean driving record (you must supply a recent copy from the registry) and 7 YEARS DRIVING EXPERIENCE REQUIRED. No DUI's. Background checks are performed. Lots of work available. \$9.00 per hour to start. Come by and fill out an application at New England Auto Delivery, 371 Dorchester Ave, South Boston. Rear of the building

from 8AM - 4PM, Mon-Fri, other times by appointment. Email at jobs@neautodelivery.com for information

or call 617-269-3800 x 102

boston

visit us at www.metro.us

Seasonal allergies

out of control?

We can help

Your home deserves

**Plumbing -HVAC-Drain Cleaning** 

781-438-3100

www.TeamTitanPlumbing.com

MA Corp# 3296 • MA Master # 13568

**PLUMBING & HEATING** 

# PHOTO & VIDEO



SALE PRICES

in effect until 11/10/14

Build

yours at the

**Hunt's Show** 

(Melrose Only)

www.huntsphoto.com Demo & Sale... NOVEMBER 7-9

MEET THE FACTORY REPS AND TECH SPECIALISTS at our Melrose location only

\*DEMONSTRATION AT MELROSE LOCATION ONLY. Sales prices in effect until 11/10/14 at all Hunt's locations, UNLESS OTHERWISE NOTED! Not Responsible for Typographical Errors.



**Hunt's Locations** Nov. 7, 8 & 9 • 10am to 4pm 1st Come, 1st Served

DELKIN DEVICES. mack











• 25-600mm wide-angle lens • 16 megapixel CMOS HDR Backlight Adjustment
 TruePic™ V

. Full HD Videos in 1080p











- Fast Leica f2.0, 7.1x Optical Zoom · High sensitivity sensor
- Hi-speed 10 shots per second
- · Wirelessly links to smartphones









#### BOSTON • 617-778-2222

520 Commonwealth Ave (Kenmore Sq.) Mon-Fri, 9a-8p: Sat, 10a-6p: Sun 11a-5p

#### CAMBRIDGE • 617-576-0969

99 Mt Auburn St. (Harvard Sq.) Mon-Fri, 9a-8p: Sat, 10a-6p: Sun 12p-5p

#### MELROSE • 781-662-8822

100 Main Street Mon-Sat, 8a-8p: Sun 11a-5p

#### HANOVER • 781-312-1166

1207 Washington St., (Route 53) Mon-Sat, 9a-8p: Sun 11a-5p